



# Wheels In Motion



1824 Fowler St, Richland WA 99352

(509) 735-1911

[www.seniorliferesources.org](http://www.seniorliferesources.org)

*It's not about us. It's about the people we serve.*

## ★ Director's Update ★

Hello to all our valued clients, volunteers and friends!

I want to introduce myself and share that July brought a change to our program staffing. With an unexpected resignation from Cara Hernandez, I stepped into the Meals on Wheels Director position. I am honored and excited to be of service for such a worthy program.

I started here in June, coming from a career (and volunteering) with not-for-profits, ranging from healthcare and human services to public power. My passion for our mission – *helping seniors live healthy, independent lives* – was sparked with my first high school job – senior dining. I cherish many memories from those early years. The spark later ignited as I helped my parents maintain their independence as long as possible through their final years of life. I feel blessed that my career has “come full circle” with my new role at Meals on Wheels.

I am extremely grateful for and encouraged by the committed volunteers and staff that make our mission happen every day. It takes a village to serve more than 2,000 clients a year, and it's only with the tremendous dedication and support from staff, volunteers and our community that we can do it.

Please stop by and say hi if you're in the neighborhood of our Fowler campus. I'll be happy to talk “shop” or discuss favorite pastimes. Some of mine include travel, gardening, reading, and good times with my hubby, family, friends, and my dog Daizee.



*Carla Martinez, Meals on Wheels Director*

### Important News

#### Extended Hours Pilot Program Concluding August 31



By the grace of two community grants, we added two new pilot programs at our MOW Café this year – Wednesday Breakfast and Extended Hours. We will deplete our Extended Hours funding – generously provided by Hanford Mission Integration Solutions – at the end of August. Therefore, we're sad to share that the last day for Extended Hours service will be August 31.

We are so very grateful to HMIS. Because of their partnership, we have already served more than 370 meals during Extended Hours. A big THANK YOU to HMIS for allowing us to add this service for eight months!

*Note: There is no change to our popular breakfast service. We're thrilled to continue serving Wednesday breakfast at the Café with funding provided by 3 Rivers Community Foundation. Thank you 3RCF!*

### Follow Us!

Follow us on social media for important news and updates. Don't forget to like and share! You can find us by searching for **“Mid Columbia Meals on Wheels.”**



# Volunteer Spotlight

Natalie Huggins, Volunteer Manager

Mid-Columbia Meals on Wheels is always delighted when new community members join our volunteer team. This summer the home-delivered clients have been thrilled to have additional, energetic youngsters join the team delivering meals with their parents and grandparents. This is a “WIN-WIN”, not only because the clients enjoy the friendly visits from the passionate young people, but the volunteer experience also provides the school-age youth with the joy of seeing how they can contribute positively to the health and well-being of others in their own community. For information on how you, and maybe your beloveds, can join the Meals on Wheels Volunteer Team, call (509) 735-1911 or email [nhuggins@seniorliferesources.org](mailto:nhuggins@seniorliferesources.org).



KRAVETS & ROWLEY FAMILIES

Right: Ms. Gragg receiving meals from driver's assistant Brian L. The two have quickly become treasured friends!



EVANS FAMILY

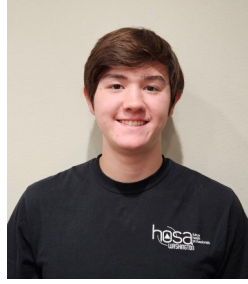
## ♥ Welcome, New Meals on Wheels Volunteers ♥



Abby Cronenwett  
Kennewick Driver



Anastasia Crosier  
Richland Driver



Jonathan Crosier  
Driver's Assistant



Brady E.  
Driver's Assistant



Haddie E.  
Driver's Assistant



Paxton E.  
Driver's Assistant



Mohammed Gorashi  
Benton City Driver



Shaun Gordon  
Richland Driver



Elizabeth Gutierrez  
Central Kitchen



Sandra Jorgensen  
Admin & Central Kitchen



Brian L.  
Driver's Assistant



Carina O'Francia  
Prosser Dining Site



Rosalyn O'Neil  
Pasco Driver



Brian Robertson  
Kennewick Dining Site &  
Driver



Sara Steele  
Richland Driver



Walter Timmons  
Richland Driver



Bob Williamson  
Café Driver



Denise Williamson  
Café Driver

### We're Grateful for the Businesses that Support the Meals On Wheels Volunteer Appreciation Program

Show your volunteer badge when patronizing the following businesses and receive:

- Tire Discount
- 10% Off
- 20% Off
- 10% Off
- 20% Off

- Les Schwab Tire Centers, Benton & Franklin Counties
- Tap & Barrel, 112 Keene Road, Richland, (509) 987-4561
- The Neighborhood Cleaners, 8903 W Gage Boulevard, Kennewick, (509) 735-7145
- Nothing Bundt Cakes, 110 Gage Boulevard, Suite 200, Richland, (509) 392-7196
- Sub Zero Nitrogen Ice Cream, 321 N Columbia Center Blvd, Kennewick, (509) 396-9402



**PRESENTED BY**



**JOIN US FOR MID-COLUMBIA MEALS ON WHEELS'  
ANNUAL 5K FUNDRAISER EVENT!**

**KIDS & DOGS ENCOURAGED | FAMILY FRIENDLY  
RUN ON YOUR OWN OR ON A TEAM**

**5K FUN RUN • FOOD • BEER • LIVE MUSIC**

**OCTOBER 7, 2023 | 10AM - 2PM | 2588 N. COLUMBIA CENTER BLVD , RICHLAND**



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For additional information, please scan the QR code or visit  
[runsignup.com/race/wa/ricHLand/oktoberfeast2023](https://runsignup.com/race/wa/ricHLand/oktoberfeast2023)

Please call 509.735.1911 if you're interested in sponsoring this event.

Proceeds benefit Mid-Columbia Meals on Wheels in Benton and Franklin counties.

# WELCOME NEW STAFF



We're excited to announce that Vanessa Vasquez is the newest member of our team, as a Program Support and Outreach Lead.

Vanessa will provide oversight of our specialized programs such as our Senior Farmers Market Nutrition Program, Holiday Wish List, and Celebrate Your Pet programs.

Vanessa will also outreach to underserved communities and will oversee our newsletter.

Before Meals on Wheels, Vanessa worked in early learning for 15 years as both a Pre-K teacher and a Family advocate/home visitor. Vanessa was also a preschool photographer while being in the field of early learning.

Vanessa has been all over from California to Hawaii to Florida and most recently Washington. In her free time Vanessa enjoys hiking, photography, studying plants, trying out new recipes, journaling, and spending time with her family.

We're very excited to have Vanessa on the team!



## SAVE THE DATE

August 21st, 2023

August 21st is National Senior Citizens Day! To honor our seniors, all dining sites will be doing something special. \*Note: please remember to make your reservation in advance per normal dining requirements. Thank you!



Mid-Columbia Meals on Wheels would like to take a moment to recognize the following businesses for participating in recent promotions that benefitted our organization:

- Mod Pizza @ Vintner Square in Richland
- Mod Pizza @ Columbia Center Blvd. in Kennewick
- Dutch Bros Coffee (all Tri-Cities locations)

Thank you to everyone who participated and purchased items from these businesses during the promotion, to enhance the quality of life for local seniors!

## THANK YOU!

## Twigs Bistro and Martini Bar

### Special Promotion!

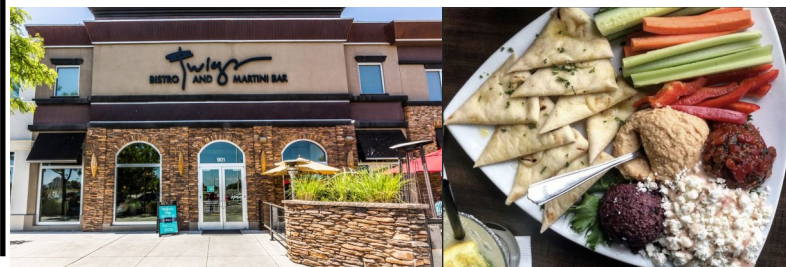
From now until the end of 2023, you can help support Mid-Columbia Meals on Wheels by participating in a delicious promotion offered by local restaurant and bar:

#### ***Twigs Bistro and Martini Bar***

1321 N. Columbia Center Blvd. Suite 901A Kennewick, WA 99336

For every Mezza Appetizer sold, Twig's will make a financial donation to Mid-Columbia Meals on Wheels!

We thank Twig's Bistro and all participants for helping to support our wonderful community and for supporting services that enhance the quality of life for seniors!!



MOW does not discriminate in providing services on the grounds of race, creed, color, religion, national origin, gender, age, marital status, sexual orientation, political ideology, or the presence of any sensory, mental or physical handicap.

# Dietitian's Corner

Samantha Mason, Registered Dietitian

## Building a Healthy Summer Salad

When the sun is shining, and the temperature rises, there's nothing quite like a refreshing and nutritious summer salad to satisfy your taste buds and nourish your body. Creating a well balanced and flavorful salad is a delicious way to combine fresh ingredients, vibrant colors, and a variety of textures.

The foundation of any great salad is a bed of crisp and nutrient-rich greens. A mix of dark leafy greens like spinach, kale, or arugula are packed with vitamins, minerals, and antioxidants. These will provide a solid nutritional base for your salad. Make sure to thoroughly wash and dry the greens to remove any grit or dirt.



Next, add some color and flavor to your salad. Summer is the perfect season to incorporate an abundance of fresh, seasonal vegetables and fruits. Choose a variety of vibrant vegetables like cherry tomatoes, cucumber, bell peppers, radishes, and shredded carrots. These vegetables not only add a delightful crunch but also provide essential vitamins and dietary fiber.

Including some fruits can add a nice complement to the vegetables. A few small cubes of watermelon or berries can create a refreshing contrast. Fruits contain vitamins, antioxidants, and hydration, making them a perfect addition to your summer salad.

To elevate the protein content of your salad, consider adding lean sources such as grilled chicken breast, shrimp, tofu, canned tuna, or boiled eggs. Adding protein can help keep you feeling full and provide sustained energy throughout the day.

To add some healthy fats and a delightful crunch, incorporate a small handful of nuts or seeds. Walnuts, almonds, sunflower seeds, or pumpkin seeds are great choices. They not only contribute to the overall texture but also provide heart-healthy fats, fiber, and important minerals.

Finally, it's time to dress your salad. A simple vinaigrette made with olive oil, lemon juice, and a touch of honey or a balsamic glaze can complement the flavors of your salad without overwhelming them.

Remember to be creative and experiment with different ingredient combinations. Fresh herbs like basil, mint, or cilantro can add an aromatic touch. By combining an array of fresh ingredients, colors, and textures, you can create a salad that is both visually appealing and satisfyingly delicious.

*Meals on Wheels strives to provide practical information to help you make healthy lifestyle choices. If you have any questions about your diet, please contact our Registered Dietitian, Samantha Mason, at 509-735-1911*

# From our Food Services Manager

Brian Kinner

## Mid-Columbia Meals on Wheels Recipe Feature: Three Bean Salad

This month's featured recipe is a cold side salad that we serve. We received some requests to share the recipe. We encourage everyone to make this at home and share the results with us!

### Three Bean Salad: Yield 2 servings; 5 servings

- Green Beans – 2 ounces; 4.5 ounces
- Wax Beans – 2 ounces; 4.5 ounces
- Kidney Beans – 1/4 cup; 3/4 cup
- Yellow Onion – 1 ounce; 2.5 ounces
- Apple Cider Vinegar – 2 tablespoons; 1/4 cup
- Granulated Sugar – 2 tablespoons; 1/4 cup
- Parsley, Dried – 1/8 teaspoon; 1/2 teaspoon
- Vegetable Oil – 2 teaspoons; 1 1/3 tablespoons

### Procedure:

- Cook the green and wax beans. Beans should be firm. Chill before mixing remaining ingredients.
- Mix the onion, vinegar, sugar and parsley.
- Add the green, kidney, and wax beans to vinegar mixture. Cover and marinate overnight in the refrigerator.
- Just before serving, drain the vegetables well. Add the oil and toss lightly.

Lots of clients enjoy this meal and we hope that you can enjoy it soon! If you make this, please be sure to tell us what you thought!



As always, we value the feedback of our clients. If you have any comments about the meals we serve, please reach out to me at: [bkinner@seniorliferesources.org](mailto:bkinner@seniorliferesources.org)

## Join us for Breakfast!

Breakfast is offered weekly on Wednesday at our Café on Fowler Street from 8-10am. Sponsored by 3 Rivers Community Foundation.

8/2– Chicken Fried Steak

8/9– Waffles

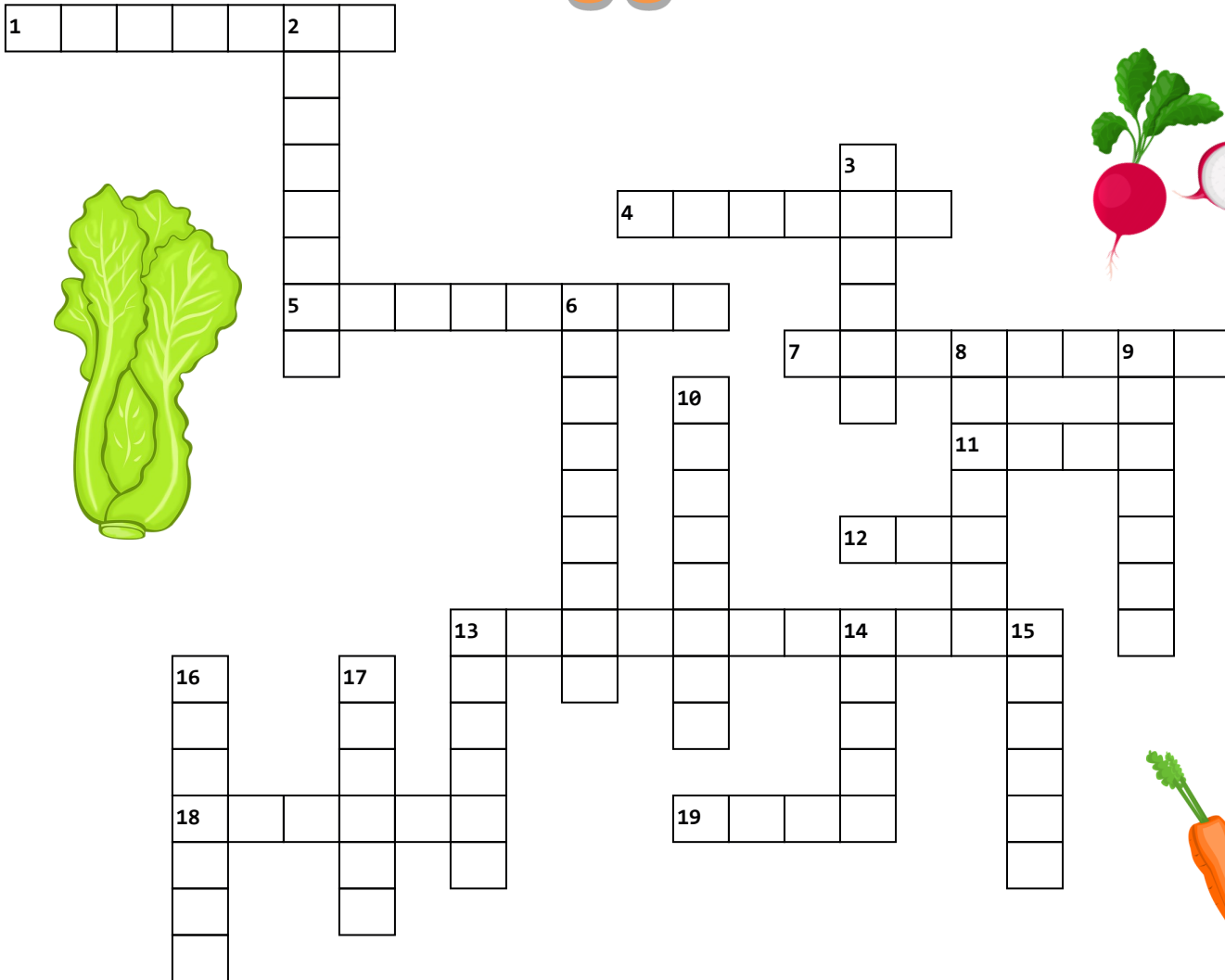
8/16– Breakfast Scramble

8/23– Pancakes

8/30– Biscuits & Gravy



# Veggie Crossword



**ACROSS**

**DOWN**

- |  |  |
|--|--|
| <ul style="list-style-type: none"> <li>1. Dark green leafy vegetable rich in nutrients</li> <li>4. Edible fruit of various plants, often used as a vegetable</li> <li>5. Purple vegetable with a spongy texture</li> <li>7. Green vegetable with tightly clustered florets</li> <li>11. Red or purple root vegetable with a sweet taste</li> <li>12. Small spherical green vegetable inside a pod</li> <li>13. White vegetable with a compact head of florets</li> <li>18. Starchy tuber widely used in cooking</li> <li>19. Yellow or white cereal grain often used as a vegetable</li> </ul> | <ul style="list-style-type: none"> <li>2. Green cylindrical vegetable with a crisp texture</li> <li>3. Crisp green stalk vegetable often used for snacking or in soups</li> <li>6. Green or white vegetable with tender shoots</li> <li>8. Leafy green or purple vegetable often used in salads and coleslaw</li> <li>9. Leafy green vegetable used as the base for salads</li> <li>10. Green summer squash with a mild flavor</li> <li>13. Orange root vegetable</li> <li>14. Bulb vegetable with pungent flavor and layers</li> <li>15. Red or white root vegetable with a crisp texture and peppery taste</li> <li>16. Large orange fruit often used in cooking and carving</li> <li>17. Red fruit often used as a vegetable</li> </ul> |
|--|--|



# Mid-Columbia Meals on Wheels

A program of Senior Life Resources NW

www.seniorliferesources.org or 509-735-1911

1824 Fowler St. Richland, WA

# August 2023

Meals for seniors age 60+ are provided free-of charge on a donation-only basis.

Monday	Tuesday	Wednesday	Thursday	Friday
	<sup>1</sup> Apple Pork Chop Mashed Sweet Potatoes Mixed Vegetables Fruit, Milk	<sup>2</sup> Teriyaki Chicken Fluffy Rice Asian Vegetables Pineapple Upside-Down Cake* Fruit, Milk	<sup>3</sup> Beef Tacos Rice & Beans Salsa & Sour Cream Fruit, Milk	<sup>4</sup> Chicken Salad Sandwich Pea & Cheese Salad Fruit, Milk
<sup>7</sup> BBQ Chicken Roasted Carrots Potato Salad Cornbread Fruit, Milk	<sup>8</sup> Beef Stroganoff Garlic Noodles Green Beans Fruit, Milk	<sup>9</sup> Chef Salad Ranch Dressing Wheat Roll Pineapple Milk	<sup>10</sup> Chicken Enchiladas Spanish Rice Black Beans Mexican Coleslaw Fruit, Milk	<sup>11</sup> Salisbury Steak Mashed Potatoes Brown Gravy Broccoli Fruit, Milk
<sup>14</sup> Turkey Tetrazzini Green Peas Tossed Salad Fruit, Milk	<sup>15</sup> Cranberry Chicken Confetti Rice Garden Vegetables Fruit, Milk	<sup>16</sup> Sloppy Joes Mixed Vegetables Coleslaw Fruit, Milk	<sup>17</sup> Roast Beef w/ Gravy Mashed Potatoes Italian Vegetables Wheat Roll, Fruit Ice Cream*, Milk	<sup>18</sup> Tuna Pasta Salad Broccoli Salad Crackers Fruit, Milk
<sup>21</sup> Spaghetti & Meat Sauce Green Beans Breadstick Fruit, Milk	<sup>22</sup> Baked Cod w/Dill Sauce Herbed Potatoes Squash Medley Fruit, Milk	<sup>23</sup> Chicken Chop Salad Salad Greens Carrot Sticks Fruit, Milk	<sup>24</sup> Three Bean Chili Chuckwagon Corn Cornbread Fruit, Milk	<sup>25</sup> Roast Turkey w/ Gravy Mashed Potatoes Broccoli Normandy Wheat Roll Fruit, Milk
<sup>28</sup> Sweet & Sour Chicken Fluffy Rice Asian Vegetables Cookie* Fruit, Milk	<sup>29</sup> Meatloaf w/ Gravy Mashed Potatoes Mixed Vegetables Fruit, Milk	<sup>30</sup> Tuna Noodle Casserole Lyonnaisse Carrots Fruit, Milk	<sup>31</sup> Hamburger Baked Beans Apple Cabbage Slaw Lettuce, Tomato, Onion Fruit, Milk	

\*Dessert items are served occasionally, and all clients receive the dessert unless they have explicitly indicated that they do not want desserts. We apologize if we inadvertently serve you a dessert in error, and we ask you to please dispose of the item.

**You are asked to self-monitor what you consume.**  
 We are unable to provide specialized or allergy diets.  
 With adequate notice, a substitute frozen meal may be provided upon request. Meals on Wheels will not be held responsible for food safety or quality of items after meals leave our oversight. Leftovers should be refrigerated immediately and eaten within 2 days. Thank you!

## Meal Service Options

**Senior Dining Centers:** Meals are served at 11:30, Monday through Friday, with advance reservations.

<b>Kennewick Community Center</b>	<b>500 S Auburn</b>	<b>509-585-4241</b>
<b>Richland Community Center</b>	<b>500 Amon Park Dr</b>	<b>509-943-0779</b>
<b>Benton City Desert Rose Complex</b>	<b>510 14th St</b>	<b>509-588-3094</b>
<b>Pasco First Avenue Center</b>	<b>505 N 1st Ave</b>	<b>509-543-5706</b>
<b>Pasco Ray Pflueger Center</b>	<b>253 Margaret St</b>	<b>509-545-2169</b>
<b>Prosser Community Center</b>	<b>1231 Dudley</b>	<b>509-786-1148</b>
<b>**Connell Community Center</b>	<b>211 E Elm (Tues-Fri)</b>	<b>509-234-0766**    **(Tues—Friday)</b>

**Meals on Wheels Café:** Meals are served 11 am to 4 pm, Monday—Thursday, and 11 am to 1 pm on Friday.

No reservations are required at this location only.

**1834 Fowler, Richland      509-736-0045**

# Parkside Menu—August 2023



Enjoy homemade Hispanic meals twice each week at our **Parkside** location. Meals are prepared by our wonderful site manager, Zulema!

All other days of the week, enjoy the same wonderful menu offered at our 7 other dining sites.

All meals have been approved by our staff nutritionist.

To reserve your spot, please call:  
509.545.2169

\*Dessert items are served occasionally, and all clients receive the dessert unless they have explicitly indicated that they do not want desserts. We apologize if we inadvertently serve you a dessert in error, and we ask you to please dispose of the item.


Monday	Tuesday	Wednesday	Thursday	Friday
	1 Pork w/ Potatoes in Tomatillo Sauce Mixed Vegetables Fruit, Milk	2 Teriyaki Chicken Fluffy Rice Asian Vegetables Pineapple Upside-Down Cake* Fruit, Milk	3 Beef Tacos Rice & Beans Salsa & Sour Cream Fruit, Milk	4 Chicken Salad Sandwich Pea & Cheese Salad Fruit, Milk
7 BBQ Chicken Roasted Carrots Potato Salad Cornbread Fruit, Milk	8 Conchitas Con Carne Green Beans Corn Tortilla Fruit, Milk	9 Chef Salad Ranch Dressing Wheat Roll Chilled Pineapple Milk	10 Chicken Enchiladas Spanish Rice Black Beans Mexican Coleslaw Fruit, Milk	11 Salisbury Steak Mashed Potatoes Brown Gravy Broccoli Fruit, Milk
14 Turkey Tetrazzini Green Peas Tossed Salad Fruit, Milk	15 Chicken Mole Mexican Rice Seasoned Peas Corn Tortilla Fruit, Milk	16 Sloppy Joes Mixed Vegetables Coleslaw Fruit, Milk	17 Roast Beef w/ Gravy Mashed Potatoes Italian Vegetables Wheat Roll, Fruit Ice Cream*, Milk	18 Tuna Tostada Mexican Rice Seasoned Carrots Tossed Salad Fruit, Milk
21 Spaghetti & Meat Sauce Green Beans Breadstick Fruit, Milk	22 Fish Tacos Spanish Rice Mexican Coleslaw Corn Tortilla Fruit, Milk	23 Chicken Chop Salad Salad Greens Carrot Sticks Fruit, Milk	24 Mexican Meatball Soup Refried Beans Corn Tortilla Fruit, Milk	25 Roast Turkey w/ Gravy Mashed Potatoes Broccoli Normandy Wheat Roll Fruit, Milk
28 Sweet & Sour Chicken Fluffy Rice Asian Vegetables Cookie* Fruit, Milk	29 Beef Fajitas Rice & Beans Flour Tortilla Fruit, Milk	30 Tuna Noodle Casserole Lyonnais Carrots Fruit, Milk	31 Hamburger Baked Beans Apple Cabbage Slaw Lettuce, Tomato, Onion Fruit, Milk	

# Extended Hours Menu—August 2023

The Café location is open 11am-4pm Monday-Thursday, 11am-1pm on Friday. The extended menu is offered from 1pm-4pm as a second meal offering Monday-Thursday.

Extended hours and the second meal is a program sponsored by our friends at Hanford Mission Integration Solutions.



Monday	Tuesday	Wednesday	Thursday	Friday
	1 <b>Taco Tuesday</b> Chicken Tacos Rice & Beans Salsa & Sour Cream Fruit, Milk	2 Cheese & Beef Pasta Broccoli Tossed Salad Breadstick Fruit, Milk	3 Pulled Pork Sandwich Baked Beans Coleslaw Fruit, Milk	4 <b>No Extended Service</b>
7 Lemon Pepper Cod Fluffy Rice Green Peas Fruit, Milk	8 <b>Taco Tuesday</b> Beef Tacos Rice & Beans Salsa & Sour Cream Fruit, Milk	9 Chicken Caesar Salad Breadstick Cottage Cheese & Pineapple Milk	10 Chili Mixed Vegetables Cornbread Fruit, Milk	11 <b>No Extended Service</b>
14 Swedish Meatballs Egg Noodles Broccoli Fruit, Milk	15 <b>Taco Tuesday</b> Chicken Tacos Rice & Beans Salsa & Sour Cream Fruit, Milk	16 Breaded Fish Sandwich & Fixings Garden Vegetables Tossed Salad Fruit, Milk	17 Turkey & Rice Casserole Green Beans Tossed Salad Fruit, Milk	18 <b>No Extended Service</b>
21 Chicken Alfredo Italian Vegetables Breadstick Fruit, Milk	22 <b>Taco Tuesday</b> Beef Tacos Rice & Beans Salsa & Sour Cream Fruit, Milk	23 Macaroni & Cheese Sausage Patty Garden Mix Vegetables Tossed Salad Fruit, Milk	24 Chicken Salad Sandwich Broccoli Salad Fruit, Milk	25 <b>No Extended Service</b>
28 Swiss Steak Mashed Potatoes Garden Vegetables Cookie* Fruit, Milk	29 <b>Taco Tuesday</b> Chicken Tacos Rice & Beans Salsa & Sour Cream Fruit, Milk	30 Sweet & Sour Pork Fluffy Rice Asian Vegetables Fruit, Milk	31 Breaded Chicken Sandwich & Fixings Corn Chowder Broccoli Salad Fruit, Milk	